

As a parent, you know  
your baby best.

You notice things such as how and when  
your baby smiles, sits up, walks, talks, or  
holds a cup. What you are seeing is how  
your child is growing through different  
developmental stages.

If you have concerns...

Every baby grows at his or her own pace,  
but if you have concerns about your baby's  
development, there is help available in  
Washington State. Call Healthy Mothers,  
Healthy Babies at the number below to find  
a Family Resources Coordinator in your area.  
You may also talk with your doctor, nurse or  
local school district about a free develop-  
mental screening.

More information is available at the Infant  
Toddler Early Intervention Program web site:  
[www1.dshs.wa.gov/iteip](http://www1.dshs.wa.gov/iteip)



**Healthy Mothers, Healthy Babies**

**1-800-322-2588**

711 (tty relay) [www.hmhbwa.org](http://www.hmhbwa.org)



Washington State  
Department of Social  
& Health Services

Infant Toddler  
Early Intervention  
Program (ITEIP)



**Please Ask  
Babies Can't Wait**



[www.childprofile.org](http://www.childprofile.org)

Available in other formats upon request.  
Call the number above.

325-0067 Rev 3/05

# Watch & Help Me Grow



## 3-6 Months

# Developmental Milestones

## 3 - 6 months

Between the ages of 3 and 6 months, your baby should be doing most of these things. If you have concerns, help is available.



### **Moving** - Does your baby:

- ☐ play with his hands?
- ☐ try to reach and hold toys?
- ☐ lift her head and chest when she's on her tummy?
- ☐ hold his head up and steady without support?
- ☐ try to roll over?
- ☐ play with his feet when on his back?



### **Understanding** - Does your baby:

- ☐ recognize familiar objects and people?
- ☐ respond to her name?
- ☐ stop moving and listen to new sounds?
- ☐ smile at faces?



### **Seeing** - Does your baby:

- ☐ make eye contact (look into your eyes)?
- ☐ follow a moving object with both eyes?
- ☐ have clear eyes, not red or watery?



### **Hearing** - Does your baby:

- ☐ turn his head toward sounds (telephone, doorbell, voices)?
- ☐ make lots of different sounds?
- ☐ laugh out loud?
- ☐ use a voice that is not too loud or soft?
- ☐ respond to toys that make noise (squeaky toys and rattles)?

## You Can Help Your Baby Develop!

### Play

- Take time to play with your baby! Babies love to play with people...hug, touch and cuddle. They need to feel your touch!
- Make silly faces while your baby is looking at you.
- Hold a toy in front of your baby so she can reach for it.

### Read

- Read and tell stories to your baby often. Start early!
- Point to and name things in the pictures as you read to your baby.

### Talk

- Talk, sing and laugh with your baby. Use different tones of voice: high, low, soothing.
- Hold your baby in front of a mirror. Point to and name eyes, nose, mouth and ears.

### Listen

- Listen and respond to your baby's sounds and gestures.
- Comfort your baby quickly.
- Listen to your baby's sounds and say them back.

### Respect

- Notice your baby's moods. You will learn when she wants to be fed, cuddled, changed or put to bed.
- Introduce your baby to others as you would any other person.
- Tell your baby what is about to happen such as pick up, bathe, diaper, feed or put in car seat.